

Sacred Heart International School

June

2022

ELIXIR

**THE FLOW OF
MAGICAL WRITING**



My son, keep your father's command and do not forsake your mother's teaching.

Bind them always on your heart;
fasten them around your neck.

When you walk, they will guide you;
when you sleep, they will watch over you;
when you awake, they will speak to you.

Proverbs 6:20-22

LORD'S PRAYER

Our Father in heaven holy be your name

Your Kingdom come your will be done

On earth as in heaven

Give us today our daily bread

Forgive us our sins as we forgive

those who sin against us

Do not bring us to the test but

Deliver us from evil

For thine is the Kingdom

The power and the glory

For ever and ever AMEN



EDITORIAL BOARD

Editor-in-Chief



Mr. G. FRANKLIN WILFRED
(PRINCIPAL)

MANAGING EDITORS



Mr. SAJITH SOMAN



Mr. PRAVEEN. V

IN-HOUSE EDITOR



Mr. UNNIKRISHNAN

ASSISTANT EDITORS



Ms. KUMARI SHEENA



Ms. MERIN QUEENCY



Ms. DHANYA VIJAY



Ms. JEFERN ASMA



Ms. SHAHITHA CRISTAL

STUDENT EDITORS



Ms. SUMAIYA



DONA



RENI BENIDITA. F



SUKANTH BISWAS



THE EDITOR'S DESK

Learning is not just memorization. Learning progresses through the gradual acquisition of knowledge by the student. While studying, the student needs to acquire knowledge from all available sources. In this era, where the concepts of learning have changed, the learner needs to be freed from textbooks and become text books for each other. He/ She needs to develop an ability to understand what is going on around him/ her every day. Rather than creating more graduates, the aim of education should be to create a younger generation that is adaptable to the changing lifestyles. Students are the treasures of a nation. Students are the driving force behind the progress of a developing nation. So you must capable of accepting modern educational approaches. You should be able to understand lot from the society in addition to the knowledge imparted by the teacher in the classrooms. Think confidently and develop a strong faith in yourselves. You may stand for a better tomorrow by realizing the truth that today's students are tomorrow's citizens.

“Education is not the learning of facts, but the training of minds to think” - Albert Einstein

**For Editorial Board
Mr. Unnikrishnan**

STUDENT COUNCIL 2022-2023

HEAD BOY
ADITHYA SAHADEVAN
XII

HEAD GIRL
AGNES. V
XII



HOUSE REPRESENTATIVES



BLUE HOUSE



Pon Ruthrra-V B



Felicia Stefanie-IV D



Ibolin Viahul- IX C



Ananya Karthika. A-VIII A



GREEN HOUSE



Dafne. M. K- V A



Rinto S Garry-IV C



Raffael. R-IX C



Beulin Cepha. G. R-VIII B



RED HOUSE



Sanjeev Nath S.S-V C



Hansika.P-IV B



Bhadra S Nair - VIII B



Rithish V- VII C



YELLOW HOUSE



Sarah Mia-IV C



Afrin A J - III D



Sabari Nath-VIII C



Parathanya-VII C

Prefect	Asst. Prefect	Grade
 STEFANI CHRIS ERIN. J	 SHAWN S SAMUEL	III A
 BIEJON V	 BERTINA S DEL	III B
 ALFIYA. A	 GODSTIN JANYO G	III C
 SARNITHA	 ABINAV S KUMAR	III D
 AIDEN JOHANN J J	 JAYDLYN SHAWN J S	IV A
 ROJESH E	 JINZ ZIONA. A. R	IV B
 MANEURA SREEJI	 ADLINO MAXIMILAN A	IV C
 JINOJ R	 JYOTSNA JOSEPH M	IV D
 CHRISBIN JAEDON	 ANN ANGELEENA P	V A
 ABINANTH. S. M	 SHANIYA BERCY. B	V B
 ABIRAM S. KUMAR	 KIRITHIKA KARTHIKEYAN	V C
 KEVIN V.S VISHAN	 AKSHADHA A	V D
 HEBRON J CHRISTOPHER	 DIVYA DHARSHINI	VI A
 CHRISTIANO JOHNSON. A	 BERSHIKHA SHWAREN. S. S	VI B
 JEFFY SEFINA J	 SANTINO D ELPHIN	VI C
 ASHVANTH ROY A. B	 AARUKSHA S U	VI D
 MAJU .S.K	 CAITLIN RUSSEL	VII A
 JAYDEN SHAWN. J. S	 SHIFANI. S	VII B

Prefect		Asst. Prefect	Grade
	THARANATH .V	 KEZIA	VII C
	ABHINAV . N	 AGASTHIANDRIA T	VII D
	DEONNA . K	 AASIHA A. S	VIII A
	SERENA SATHEESH. S	 JAYA VARDHAN	VIII B
	ABHINEET. S	 YAZHINI	VIII C
	JAFNA JUSNI J V	 JADEN LAWYER	VIII D
	PRAJITH V P	 VANDANA. S. P	IX A
	ASHILINRAJ J J	 LIBNAH. S. A	IX B
	JESHO SEFRIN	 AMY RACHEL. T. S	IX C
	KEZIA MOSES R S	 SHERILL SEKAR	IX D
	CALLEN. P. S	 HARSHINI DEVI	X A
	JOHANE E	 DHIBINA. V. R	X B
	NEEDHU. S	 SREE NITHEESH	X C
	SHIV DHARSHNI	 GLARISH G.C	XI A
	SHELPHIA S	 SHEFIN JIJO. S. F	XI B
	ANNEL JEFFERSON	 SULEKHA S	XI C
	ANNET S GEORGE	 HABEN B	XII A
	SUBIKSHA .R.L	 ASWIN JACKSON J	XII B

MATHEMATICS FACTS

1. The word 'hundred' comes from the old Norse term, "hundrath", which actually means 120 and not 100.
2. Most Mathematical symbols weren't invented until 16th century. Before that equations were written in words.
3. "Forty" is the only number that is spelt with letters arranged in alphabetical order.
4. From 0 to 1000, the only number that has the letter "a" in it is "one thousand".
5. The reason Americans call mathematics 'Maths' because they argue that "Mathematics" functions as a singular noun so 'Maths' should be a singular noun.
6. Every odd number has an 'e' in it.
7. The symbol for division ($\div$) is called an obelus.

NOWFIYA SWEEDAL. A.K

VIII C

INNOVATION

Innovation is the practical implementation of ideas that result in the introduction of new goods or services. Innovation, for its part, can refer to something new or to a change made to an existing product, idea, or field.

SL. NO	INVENTION	INNOVATION
1.	BULB	TUBE LIGHT, CFL, LED
2.	PHONE	MOBILE, SMART PHONE
3.	TYPE WRITER	COMPUTER, LAPTOP, TAP
4.	STEAM ENGINE	ELECTRIC ENGINE
5.	TELEVISION – CRT	LCD, LED
6.	PRINTER	INKJET, LAZER, INK TANK
7.	FLOPPY DISC	CD, PEN DRIVE
8.	TRANSISTOR	RADIO, TAPE RECORDER
9.	UMBRELLA	2 FOLD, 3 FOLD, 4 FOLD
10.	CALCULATOR	SCIENTIFIC CALAULATOR
11.	WASHING MACHINE	FRONT LOAD
12.	INTERNET	FIBRE
13.	INK PEN	BALLPOINT PEN



JESIBA R.J

VII B

Viruses Vs Bacteria

SL. NO.	INVENTION	BACTERIA
1.	VIRUS MEANS POISON	BACTERIA MEANS LITTLE STICK
2.	VIRUSES ARE NON-LIVING ORGANISM	LIVING ORGANISM
3.	NO METABOLISM	METABOLISM
4.	GROW AND REPRODUCE INSIDE OF THE HOST CELLS THEY INFECT	GROW AND REPRODUCE IN ANY PLACE (FISSION – A FORM OF ASEYUAL REPRODUCTION)
5.	SUBMICROSCOPIC INFECTIVE AGENT	MICROSCOPIC SINGLE-CELLED ORGANISMS
6.	SMALLER (20-400 MM)	LARGER (1000 MM)
7.	INFECTION IS SYSTEMIC	PART OF BODY (LOCALIZED)
8.	DISEASES – INFLUENZA, MEASLES, POLIO, AIDS, COVID 19 (CORONA VIRUS), SARA-Co V (KNOWN AS SARS), EBOLA VIRUS, CHICKENPOX, COMMON COLD	PNEUMONIA, TUBERCULOSIS, TETANUS, FOOD POISON
9.	ANTIBIOTICS WILL NOT EFFECT THE DISEASE	TREATED WITH ANTIBIOTICS
10.	NO USE	USEFUL TO HUMAN BEING

Jesiba R.J
VII B

Cool facts about mathematics

1. In a room of 23 people there's a 50% chance that two people have the same birthday.
2. Conversely, "one" is the only number that is spelt with letters arranged in descending order.
3. 'Four' is the only number in the English language that is spelt with the same number of letters as the number itself.
4. Markings on animal bones indicate that humans have been doing Maths since around 30,000BC.

Dhrisya. R.B
VII B

IF I WERE A

If I were a doctor
I could treat people
I could help people in need
Oh! How lucky are doctors

If I were a teacher
I could mentor my students
I could make students noble citizens
Oh! Wow lucky are teachers

If I were a superhero
I could make the world great place to live in
I could get rid of global warming
Oh! How lucky are superheroes

A. AKSHADHA
V.D

NIGHT TIME

It's night time
Its time to chime
Time to count the twinkling
and to dance for finging
The peaceful time of a day

To have imagination say
Moon shining bright
Stars dancing light
Such a pleasant sight
It's a beautiful night

ASHMI JAHANA
XII A

YOUR LIFE IS A GIFT!

You forgave me for bad things I did,
I'm grateful for all the times,
You healed my hurts,
And calmed my fears.

Your sacrifices and unselfishness,
Did not go unnoticed,
I can't tell you enough,
Give you enough to show you how much you
mean to me.

You always protected me,
Taught me right from wrong,
Even when it was hard to do,
You gave so much for me sometimes at your-
expense.

I'm blessed with our unconditional love,
Your were and are,
The guiding light of my life,
Your deep strength seems endless.

In all the world, there is no one,
Better than my won,
Mom, I often wish I were more like you,
And maybe someday I'll be the best version of -
myself for my children like you
I'm so glad you are my mother!
Love you from core of my heart.

ANNET S. GEORGE
XII A 10

Important Dates in Indian History

BC	
3000 - 1500	Indus Valley Civilisation
576	Birth of Gautam Buddha
527	Birth of Mahavir
327-326	Alexander's invasion of India. It opened a land route between India and Europe
313	Accession of Chandragupta Maurya according to Jain traditions
305	Defeat of Seleucus at the hands of Chandragupta Maurya
273-232	Ashoka's reign
261	Conquest of Kalinga
145 - 101	Region of Elara, the Chola king of Srilanka.
58	Beginning of Vikrami era



Facts About English

Did you know?

- **Pneumonoultramicroscopicsilicovolcanoconiosis** (45 letters) is the longest word in English.
- The word "alphabet" comes from the first two letters of the greek alphabet : alpha, beta.
- The dot over the letter "i" and "j" is called a superscript dot or tittle.
- A pangram sentence is one that contains every letter in the language.
- The shortest, oldest and most commonly used word is "I".
- English is the official language of 67 countries.
- A palindrome is a word, sentence, verse or even number that reads the same backward or forward.
- SWIMS will be SWIMS even when turned upside down.

Adya .P
IX D

Light up a world you haven't seen
Make up the stars to roam
Up to the delightful lightning joy
Above the milky spongy sky

A dreaming joy smile
Fell on, as a flashing light
Vast like Pacific
Sound like thunder, feel in you
Their joy of happiness

Aurnesh Kingston
IX A

முத்தான மூன்றெழுத்துக்கள்

கல்வி என்ற மூன்றெழுத்தைக் கற்க என்ற மூன்றெழுத்தால் பார்க்கப்பட்டு உள்ளோம். கடமை என்ற மூன்றெழுத்தால் பள்ளி என்ற மூன்றெழுத்திற்கு வருகிறோம். பள்ளியில் கல்வியுடன் நேர்மை என்ற மூன்றெழுத்தையும், உண்மை என்ற மூன்றெழுத்தையும் கற்கின்றோம். இவைகளில் மாதம் என்ற மூன்றெழுத்தில் தேர்வு என்ற மூன்றெழுத்திற்கு வருகிறோம். அதில் செவ்வனே செய்த மாணவன் என்று என்ற மூன்றெழுத்தையும் செவ்வனே செய்யாத மாணவன் மோசம் என்ற மூன்றெழுத்தையும் பெறுகிறான். கல்விச் சிறப்பால் சில மாணவர்கள் பரிசு என்ற மூன்றெழுத்தை பெறுகின்றனர். வருடா வருடம் வருப்புமாரிக்குள்ளாத் தருதி என்ற மூன்றெழுத்துத் தேர்த்து எழுக்கப்படுகிறது.

மாணவர்கள் இன்று அன்பு, பாசம் என்ற மூன்றெழுத்துக்களால் இயங்கிக் கொண்டிருக்கின்றனர். அதில் சில வேளை பனகமை என்ற மூன்றெழுத்து புகுந்து விடுகிறது. அதைத் தோழமை என்ற மூன்றெழுத்தாய் தகர்த்து விட்டு நட்பு என்ற மூன்றெழுத்தால் பற்றிக் கொள்ள வேண்டும்.

இளமை என்ற மூன்றெழுத்தில் மாணவர்கள் கல்வி என்ற மூன்றெழுத்தை முறையாக கற்றால் முதுமை என்ற மூன்றெழுத்தை அடையும் போது புகழ் என்ற மூன்றெழுத்தை பெறாவம்.

Donisha .D
IX D

Dear Mom and Dad

The sacrifices you have made,
Working hard but concealing the exhaustion
Before the very eyes of your beloved.
You are both notable in every way.
I never conveyed my love before you
I never said "I love you, mom and dad",
I wish to see your cheerful life.
You have never expected exaltation
You're amazing just the way you are.

Rema Das
XII A 12

Why do bones remain for centuries after a person dies?

Bones are made up of two main materials: Calcium salts make bones hard, and collagen fibers make them strong but also a bit flexible. After death the collagen rots away, leaving just the durable hard parts behind. In life, the bones of a person's skeleton support the body and protect its internal organs.

Skull and cross bones

Bones endure after death. Skeletons, skull and crossbones have for centuries been symbols of disease, danger and death.

Tell me more: inside the bone

The bones in your skeleton are moist, living organs with their own blood supply. If you look inside a bone you can see that it is not solid. If bones were solid they would be so heavy and you would not be able to move.

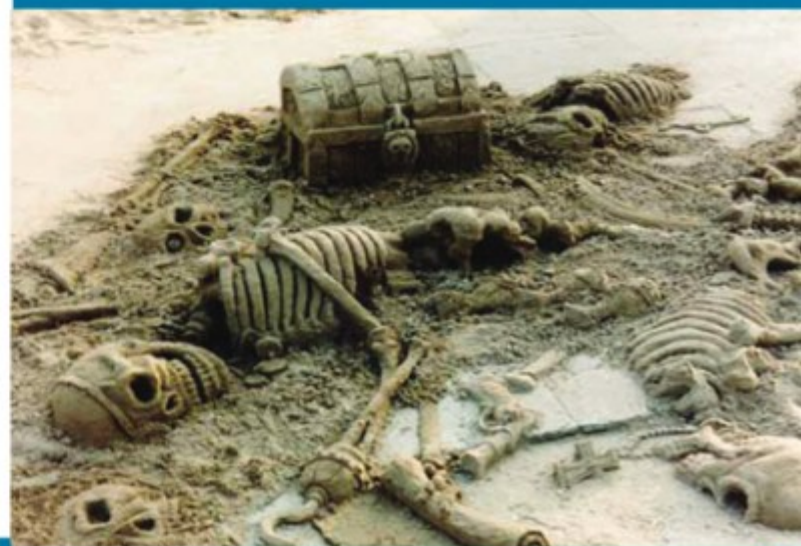
Two Skeletons

- **Axial (central) skeleton** (the skull, backbone, and ribs) consists of 80 bones that run down the center of the body and protect the heart and lungs.
- **Appendicular skeleton** (the arms, legs, shoulder girdle and hip girdle) : consists of 126 bones that hang on to the axial skeleton and move the body.

I don't believe it

The Paris catacombs are underground bone stores that contain thousands of skulls, femurs and other bones. In fact, the walls of the catacombs are made from bones. They were brought there for storage in the 18th century from cemeteries that were overflowing with dead people.

Anu Keerthy. S
IX D



Interesting facts about Insects

- Some insects can walk on the surface of the water.
- Dragonflies have been on earth for about 300 million years!
- Insects don't have bones or backbones like us.
- Only female mosquitoes bite.
- Butterflies use their feet to taste.
- A queen honey bee can lay 3000 eggs per day

Interesting facts about tigers

- Tigers are the largest amongst other wild cats.
- Tigers have eyes on the back of their ears.
- Tigers hunt at night time.
- Tiger cubs are born blind and only half of the cubs survive.
- Tigers run at a speed of 49-65 km/h.
- Tiger is indeed stronger than the Lion.
- Tigers can jump up to 16 feet into the air.
- Tigers love swimming.
- Tigers can hold their breath for over 10 minutes.
- Tigers' roar can paralyze their prey.

Interesting facts about elephants

- Elephants are afraid of mice.
- They have the largest brain of any land animal.
- They communicate through vibrations
- Elephants never forget
- Elephants are born blind
- Birth weight of an elephant is about 250 pounds
- An elephant tooth can weigh as much as three kilograms
- Elephants spend almost three quarters of their day eating.
- In a day an elephant can drink 50 gallons (200 liters) of water.
- An African elephant's trunk contains 40,000 different muscles

My Flower



I had a little seed
I put it in a pot
I put it in the sunshine
I watered it a lot

I waited and waited
I watched it grow and
grow
And then one day
A flower came out to
say Hello!

Brionah E. Kaitlyn

III D

Changed Mindsets of Students

The life of a child is filled with fun, enjoyment and a spirit of liveliness. But in the past two years, life has changed a lot. Their life used to be free as birds but the pandemic caged them in their very own houses. This caused a change in their mind sets after the pandemic. This change was influenced by several factors – physical and emotional isolation of the children, introduction to social media and also the depression which engulfed their brains. Let's witness the changes in the upcoming paragraphs.

Before the pandemic, students used to come to school. They met with their friends and teachers. Not only that, the children were disciplined and respected their elders. Moreover, they lived a stress – free life. After the onset of the pandemic, children were forced to stay indoors. Gathering of people was prohibited and the students had almost nothing to do. They were idle. An idle mind is a devils' workshop. The children began to engage in activities which were not productive by any means. They spent hours playing video games and watching random videos, on the internet. Since they were connected to these things, they lost the emotional attachment with their parents, teachers and friends.

The internet has its own pros and cons. It has the potential to both “make” a person and “break” a person. On one hand, we have students who can access the internet and on the other hand, we have students who cannot. When we talk about the students who can access the internet, we come across the sudden, huge influx of users of internet who were below eighteen. These children are more vulnerable to the negative side of the internet. During the lockdown, most of the kids spent huge amounts of time playing video games and watching videos on the internet at the cost of their online classes. Bunking classes was a trend during those days. On the other hand, we have children who do not have access on the internet. They had to spend their days alone. They felt anxiety. Many such students gave up studies and took up menial jobs. Due to depression, children may turned out to be mentally ill, became short tempered and a few of them even committed suicide.

When the schools reopened, students had to readjust with the situations which were before the pandemic. Most of them were confused as they were not able to handle the sudden change. Even though reopening of schools has brought out prospects of improvement in the performance of the students, students are still using social media with no resistance from the parents. They are still addicted to video games.

The pandemic has completely changed the mindsets of the students. It was because of the physical and emotional confinement, students coming across social media, and the depression which immersed them. But still, there is hope. Strict rules must be laid down by the parents against using smartphones, letting children spend time with their peers and engage them in sports and extra – curricular activities so that they remain cheerful.

Sukanth Biswas

XII B

Home water treatment by direct filtration with natural coagulant

It is important to confirm if the water is purified or treated before drinking.

If our drinking water is contaminated, many diseases may attack our body.

Water is purified in many ways. Each method has its merits and demerits.

Boiling water is the cheapest and safest method of water purification. But we can boil only pure water. Filtration is another effective way of purifying water. This method is effective in removing bacteria, germs, salts and other heavy metals such as lead, mercury and arsenic. Chlorine is a powerful chemical that has been in use for many years to treat water for home consumption. This method is useful as well as easy to follow. But a kind of smell will be there when chlorine is added with water.

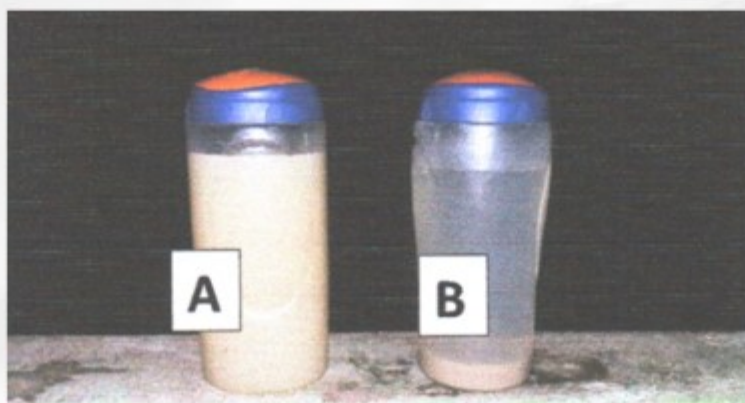
There is another method of purifying water in a natural way. Seeds from a plant purify the water. Seeds of the plant species *Strychnos potatorum* which contain natural polyelectrolytes can be used as coagulants to clarify turbid waters. The seed of the *Strychnos potatorum* tree (Thethankottai in (தட்டாண்கொட்டை) Tamil), also called the clearing nut tree are used to remove sediment or turbidity from drinking water. The seeds are rubbed by inserting it in the water storage vessel and then it is filled, with water.

According to research studies also these seeds have some medicinal values. *Strychnos potatorum* has the property for the treatment of diabetes, Inflammation, Ulcers, Oxidative stress, etc. Herbal medicines are popular as remedies for diseases. Research studies said people feel better in diabetes after using this filtered water for one month. The blood sugar level in fasting reduced considerably for a few people.

Also, the taste of the water also improves a lot after the filtration. We can also mix this filtered water with lime juice and take daily. This will improve our health. Many people have shared their good reviews regarding this seed filtration.



Both bottle A and B are filled with contaminated water. Seeds of *Strychnos potatorum* were crushed, powdered and added it in bottle B. After one hour contaminated water in B got filtered.



Interesting Facts about Biology

- The heart is the muscle about the size of a fist.
- The heart works by contracting and relaxing.
- A Heart attack is caused by a blood vessel blocked by a clot.
- The average person has about 5 litres of blood.
- The body can replace blood within a few weeks after the loss.
- The four blood types are A, B, AB and O.

Shifani. S
VII B

Pythagoras of Samos



570BC - 490 BC

Pythagoras was a Greek philosopher who made important developments in Mathematics, Astronomy and the theory of music. The theorem now known as Pythagoras theorem, was known to the Babylonians 1000 years earlier but he may have been the first to prove it. He's also known as the "Father of numbers"

Abhinav. N
VII B

Interesting facts about English

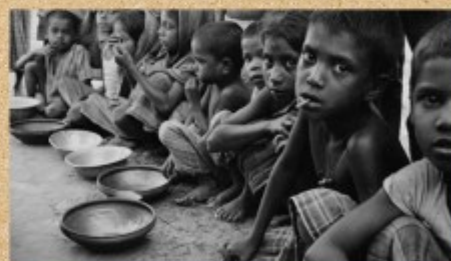
- More English words begin with the letter 'S' than any other letter of the alphabet.
- 'I' is the oldest word in the English language.
- Approximately one new word is added to the English language every two hours.
- The dictionary grows by about 4000 words a year.
- The most common letter in English is "e".
- The most common vowel in English is "e", followed by "a".
- The most common consonant in English is "r", followed by "t".
- Every syllable in English must have a vowel (sound). Not all syllables have consonants.
- The following sentence contains all the 26 letters of the alphabet. "The quick brown fox jumps over the lazy dog".

Shifani. S
VII B

பூமி தாங்குமோ!

விலைவாசி மாறிப் போச்சு
விஷம்போல ஏறிப் போச்சு
ஏழைநாங்க என்ன செய்வோம்
சொல்லுங்க சாமி - இது
மாலைவாங்க கழுத்தை நீட்டும்
மனுஷங்க பூமி!

பசியாலே பிள்ளை ஏங்க
அழுதழுது மூச்சு வாங்க
ஏழைசிந்தும் கண்ணீரெல்லாம்
பாருங்க சாமி - அந்தக்
கண்ணீரே ஆறாச்சு
விளைஞ்சது பூமி!
நாள்முழுக்க உயிரை விட்டு
மாடாகப் பாடு பட்டு
கண்ட பயன் ஒன்றுமில்லை
கேளுங்க சாமி - இது
பண்புகெட்டு வாழுகின்ற
ஆளுங்க பூமி!
சுவரையில நூறு கண்ணு
கிழிஞ்சிபோன சேலை ஒண்ணு
ஏழைக்கு இந்த வாழ்க்கை
ஏனுங்க சாமி - நாங்க
கண்முழிச்சி பார்த்தாக்கா
தாங்குமா பூமி!

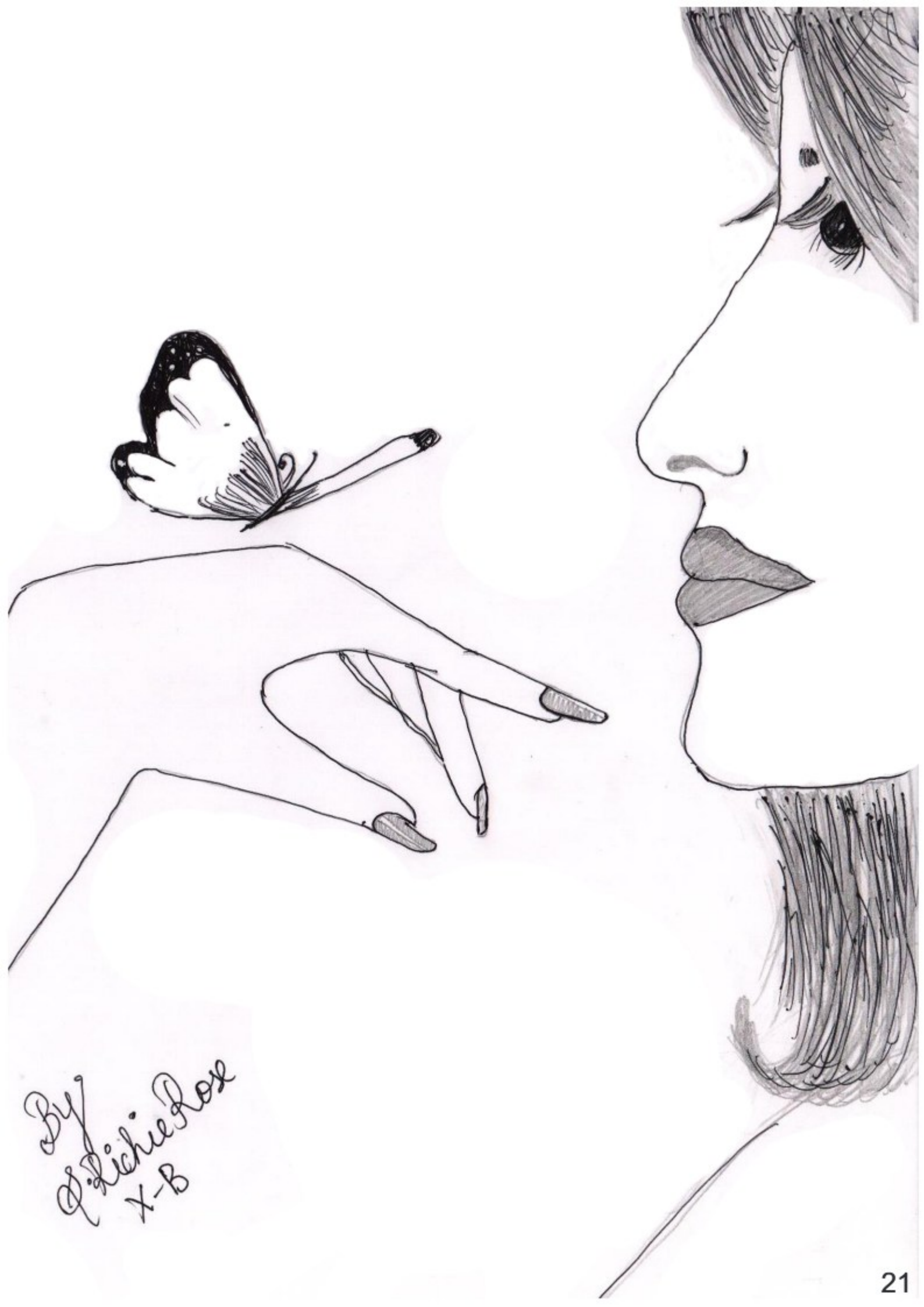


Leonal Edric
V A

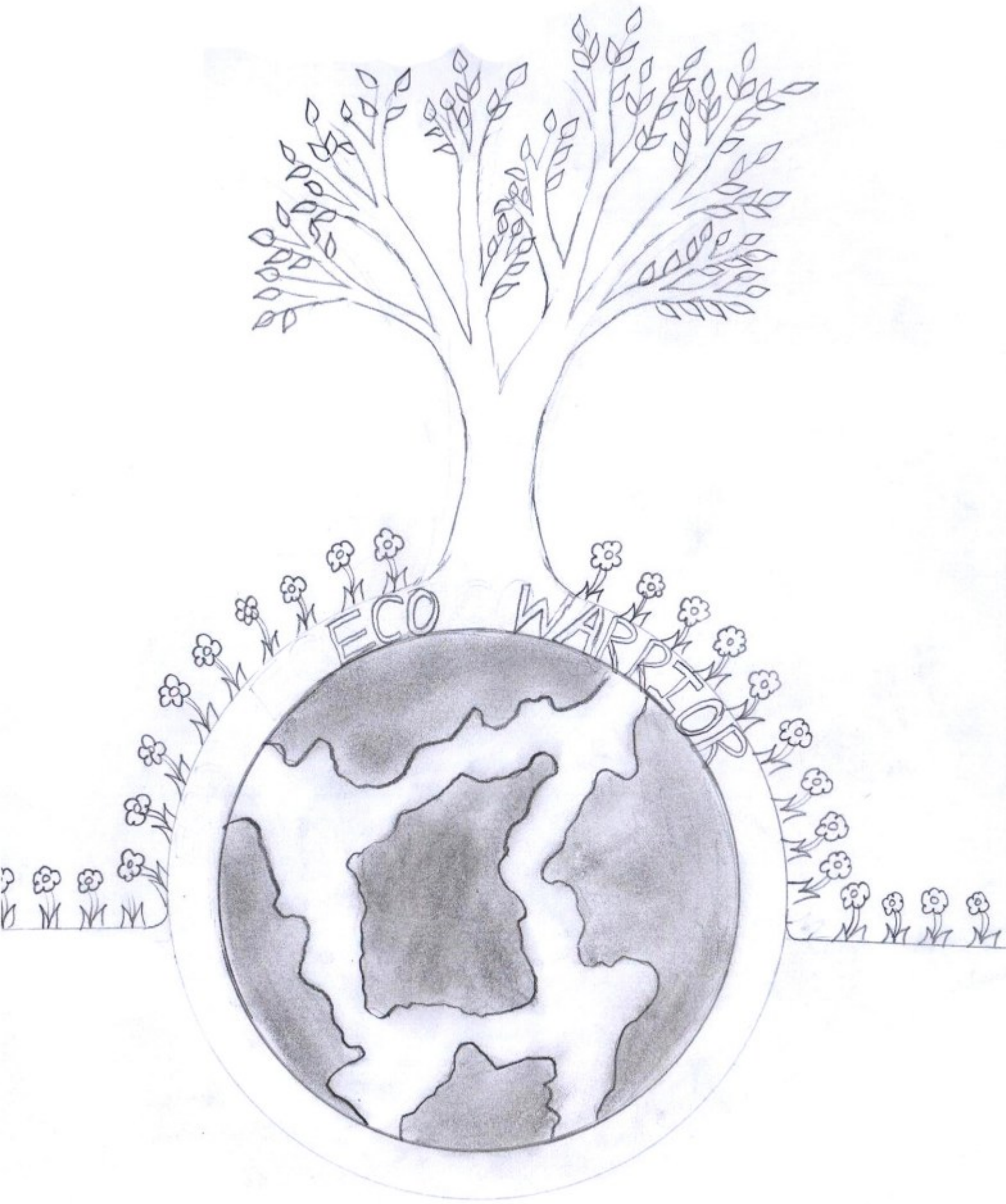
SCENERY

J.B. Harjith
Grade : III D

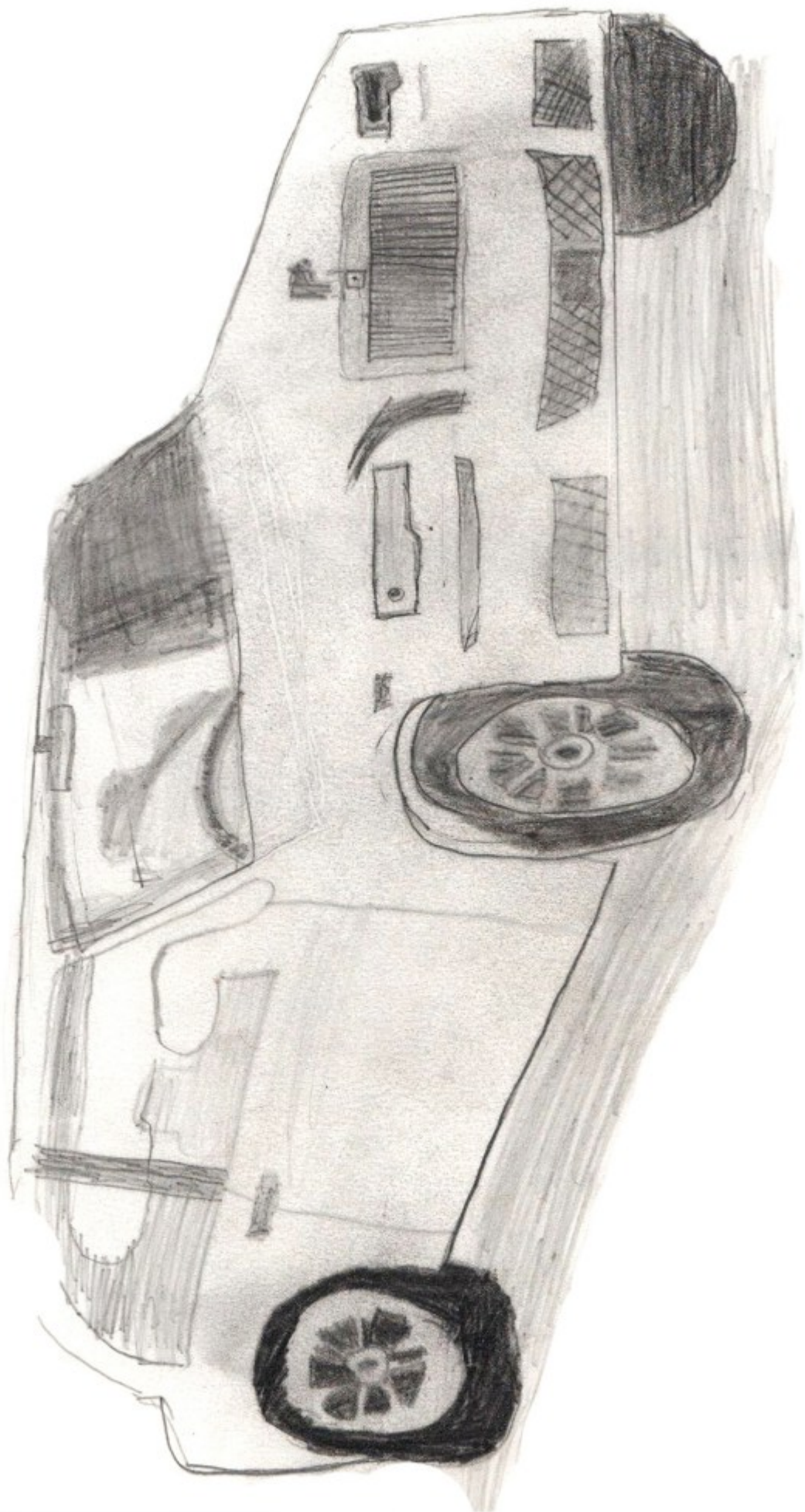




By
Richie Rose
X-B



ASWANI. R. R
IX-D



by Sanjay Varma

01.03.2022

Glimpses of June

Appreciation



Jeffy Nirvin of grade 12B participated in Kanyakumari District Level Chess Tournament and won 2nd position in Under-19 boys category



**“Be the change”
A training session for educators**



SHIS CLUB INAUGURATION



**INTERNATIONAL YOGA DAY
CELEBRATION AT SHIS**

YELLOW DAY CELEBRATION

MANGO DAY CELEBRATION

FIRST AID TRAINING

**Awareness programme on
Energy Conservation.**

KG GRADUATION



PRIZE DAY



TRAFFIC AWARENESS PROGRAMME

FATHER'S DAY CELEBRATION



SATURDAY CLUB ACTIVITIES

